

OSTEOPOROSIS MANAGEMENT IN WOMEN WHO HAD A FRACTURE

Rates improve slightly; proper management halves the risk of a subsequent fracture.

An estimated 10 million Americans—8 million of whom are women over 50—have osteoporosis; 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis.¹ Osteoporosis contributes to more than 1.5 million fractures annually²; a woman over the age of 50 has a 50 percent chance of having an osteoporosis-related fracture in her lifetime.³

ABOUT OSTEOPOROSIS MANAGEMENT

- Total fracture rates are reduced according to the degree to which bone density testing is offered to women 60 to 80 years of age.⁴
- 90-95 percent of all hip and spine fractures and 70-80 percent of all forearm fractures in women over the age of 65 have been estimated to be attributable to osteoporosis.⁵
- Postmenopausal women are at highest risk for fractures if they have experienced fractures of the vertebrae, hip and wrist, but often remain untested and treated for osteoporosis.⁶

MEASURE DEFINITION

This measure estimates the percentage of women 67 years of age and older who suffered a fracture and who had either a bone mineral density test or prescription for a drug to treat or prevent osteoporosis in the six months after date of the fracture. This is not a measure of fractures "caused" by osteoporosis, but rather uses the presence of any fracture as a "trigger" to look for underlying osteoporosis. Women who suffer a fracture are more likely to have osteoporosis.

RESULTS AND ANALYSIS

MEDICARE

Management rate: **20.1** up 1.1 pts
 Nationwide variability: 15.7 pts
 Top State: **Pennsylvania, 24.4**

OSTEOPOROSIS MANAGEMENT

TRENDS, 2004 - 2005

YEAR	MEDICARE
2005	20.1
2004	19.0

THE CASE FOR IMPROVEMENT

- Treatment of osteoporotic fractures has been shown to reduce the risk of subsequent fractures 40 to 60 percent.⁷
- Women 75 and older with a hip fracture have twice the mortality rate of those without a fracture.⁸
- Direct medical costs due to osteoporotic and associated fractures totaled \$17 billion, or \$47 million per day, in 2001—and the cost is rising due to the aging U.S. population.⁹
- Osteoporotic fractures are responsible for an estimated 500,000 hospitalizations, 800,000 emergency room visits, 2.6 million physician visits and 180,000 nursing home placements each year.¹⁰